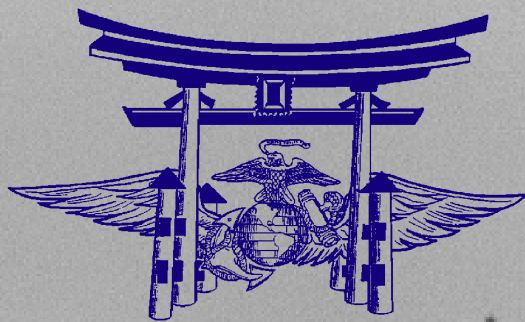


Torii



Teller

Marine Corps Air Station
Iwakuni, Japan

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9 FT

SOMD reaches milestone

pg 3

For the person beside the warrior

by SSgt. Michelle Gilliam
Press Chief

When a career Marine retires and the pomp and circumstance of the parade echoes through the Halls of Montezuma, or a new lance corporal has returned from a six-month deployment, who was it who kept the home front together?

Political correctness demands the modern spouse be noted as "he" in addition to "she," so I would be remiss in overlooking the wonderful job that spouses do to free the servicemember to accomplish his or her mission.

Yet, with all being fair in love, war and military marriages, this wish is for the military spouse. It is for the wife and mother who receives the flowers in lieu of decorations at the end of a successful career, or for the husband who has to cook, clean and take care of the children because the servicemember is away at a required military school. This wish is for the person beside the warrior.

You may know her as a member or the Wives' Club or perhaps have seen him in the commissary with a toddler at his knee and an infant in the grocery cart. A cart that reveals teenagers are in the household by the number of different cereals and frozen pizzas strategically placed between the canned milk and diapers.

Whose hand rocks the cradle and tends the family

without the servicemember, thereby helping our Corps remain the finest fighting machine in the world?

He attends the Parent-Teacher Organization meetings alone. For many years, he is a true nurturer who has learned to be both mother and father when his wife is on an unaccompanied tour in Iwakuni.

She can move her whole household and children to a new region of the country, and manage to have them set up and waiting when Dad returns, having repaired some of those items at one time or another herself.

She marvels at how the car, the washer and dryer all break down while her husband is away. When she's away, he phones her to brag a little about his proud accomplishments in her absence – attending classes and running the household. Yet he keeps quiet when she voices concerns about Marines going to Yugoslavia and the logistics of it all. He spends their

telephone time soothing and reassuring her instead.

Is there praise for them for their single-handed successes?

There is! Thank you, military spouses. You are special people – wives, husbands, mothers and fathers, wonder of wonders, best friend, soon-to-be grandparents of eagerly awaited grandchildren, and the ones who have made a great contribution to the success of their spouse's career.



photo by SSgt. Michelle Gilliam

Amy Jones (center), a family member visiting from Sasebo, Japan, tries a pair of shoes on her son Clay, 5, while Jordan, 2, watches. Amy acts as mother and father to her children whose father is deployed.

Our Cover

LCpl. Anada Habib, passenger service representative at the air terminal here, takes a wild leap off the diving board. Station residents have been able to take a break from the heat since the Southside Pool opened Saturday. (photo by Sgt. Michael Wiener)



Torii Teller

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News Briefs

Air Conditioning

Air conditioning will be turned on when the outside temperature reaches a high of at least 80 degrees for three consecutive days. For more information call 253-5284.

School Survey

Parents of children attending DoDDS/DDESS schools can fill out a Quality of Life satisfaction survey at <http://iph-sqlt.intecph.navy.mil/dodds> through June 30.

Summer Schedule

The summer Catholic Mass schedule is as follows:

June - Sunday mass, 9 a.m. at the M.C. Perry School gym. There will be no week-day mass.

July, August - Sunday mass, 7:30 a.m. at the Chapel Annex and 9 a.m. at the M.C. Perry Elementary School gym. Weekday mass is scheduled for 11:30 a.m. at the Chapel Annex, Rm. 103, Tuesdays through Thursdays.

Building Painting

Station residents are advised that the new Human Services/Education Building, adjacent to Crossroads Mall, is being painted through mid-June. Post Office customers should be aware when using the parking lot.

Travel Threat

Due to an increased terrorist threat in the Philippines, the threat level has been raised from medium to high. Non-essential travel, TAD, TDY and leave in the Philippines is restricted until Aug. 27. Exceptions may be made for servicemembers with immediate family in the Philippines. For more information call your respective administration office.



photo by Cpl. Michael Niman

Capt. Steven Murphy (right), station safety officer, hands a slice of cake to LCpl. Daniel Bass, avionics technician, while Cpl. Jason Ingle, HH46-D crew chief, awaits his piece. Cake was given to each SOMD Marine after the presentation of the safety award May 24.

SOMD awarded for 50,000 mishap-free flying hours

by Cpl. Michael Niman
Torii Teller Staff

Squadron Operation Maintenance Division received an Aviation Safety Unit Award May 25, for completing 50,000 hours of mishap-free flying hours of its two types of aircraft, the HH-46D Search and Rescue helicopter and the C-12 Huron.

The award, signed by the Commandant of the Marine Corps, was presented to the section by Col. Richard Dunn, air station commanding officer.

After presentation of the award, Dunn had the SOMD Marines fall in around him in a school circle, where he reiterated the importance of each Marines' mission.

"All squadrons here depend on SAR for support when flying their daily missions," said Dunn. "Whatever your specialty is, you are an integral part of what goes on here."

"Our pilots feel safer flying, knowing this unit is here to serve them."

"No mishaps — that means we had no one hurt and no loss of

materials," said Capt. Teddy Tolentino, SOMD maintenance officer.

"This is a big accomplishment for all our people. There is a five-man crew for every SAR mission and a three-man crew for the C-12s, plus all the people on the ground to keep them up."

"By earning this award, we are completing our mission," said Sgt. Michael Pederson, avionics technician for the HH-46. "With SAR, our mission is to support all aircraft and personnel on base in search and rescue efforts and to do it safely."

According to Tolentino, Iwakuni uses the C-12 to fly all over the Pacific, including Guam, Korea and Thailand for exercises such as Cobra Gold.

According to MSgt. Mark Stemp, flight support NCOIC, this award equates to flying a single aircraft everyday, 24 hours-a-day, for almost six years without an accident.

After the award was presented, SOMD personnel celebrated by eating cake donated by the chowhall before returning to work.

Unattended children issue on rise

by Sgt. Michael Wiener
Torii Teller Staff

The rise in phone calls to Provost Marshal's Office and family housing concerning unattended children has prompted station officials to take a closer look at a developing problem.

Many calls are prompted by children being injured with no supervising adult to take care of them, according to Janet Jordan, Family Advocacy Program manager.

"We're mainly concerned about injuries," said Jordan. "But unsupervised children fall under the Family Advocacy definition of neglect. We try to take other routes to correct the problem, because we don't want it to go that far."

Children under the age of 5 are considered unattended when they are out of sight and reasonable access. Children between the ages of 6 and 8 must be within sight and reasonable access.

"Reasonable access means you can get to the child without losing sight of them," Jordan said. "The 'Community Standards' book outlines the supervision requirements for children of all ages and goes into more detail. People need to look at that and be aware of the standards."

"Ignorance is not an excuse," said Sally Gilmour, housing management assistant. "Our major concern at

housing is the safety of the children. The 'Community Standards' booklet covers all issues on the base, including unattended children."

Booklets can be picked up at the Marine Corps Community Services Center and are also handed out at the Joint Reception Center and at housing.

Older children bullying younger, unattended children has also become an issue.

"It's gone beyond picking on the younger ones," Gilmour said. "Children are getting beat up and no adults are around to stop it."

Although the air station community is a close-knit society and the country is a safe one, child abductions are also of concern.

"Here in Japan, we kind of get lulled into a false sense of security," Jordan said. "Even though it is a safe country, anything can happen."

"You have to conduct yourself like you were in the states," Gilmour said. "You wouldn't leave your 7-year-old daughter alone on a playground for an hour in the states."

The bottom line is children need to be supervised for their health and well being, according to Jordan.

"We're trying to get the message out and hope residents take appropriate action," Jordan said. "We're hoping we won't have to get involved and take action."

Every Marine is a rifleman and warrior ... Operation Agile Defender

by **LCpl. Marla J. Schuh**
Combat Correspondent

MARINE CORPS AIR STATION NEW RIVER, N.C. — The “Wolverines” of Marine Aviation Logistics Squadron-29 participated in Operation Agile Defender April 10 through April 22.

This extensive annual field training was conducted at Landing Zone Parrot aboard Camp Lejeune.

To continue full operational support for Marine Aircraft Group-29, the Wolverines were divided into thirds and taken out to LZ Parrot at four day intervals, according to Maj. James Delani, MALS-29 S-3 operations officer.

Upon arrival they were separated into three platoons, each consisting of approximately 40 Marines. Sergeants acted as platoon leaders and were responsible for all troop training missions, according to Sgt. Christopher Cherry, MALS-29 power plants.

Training was separated into three areas of concentration: defense, attacks and maintenance.

Over a four-day period each platoon rotated responsibilities in the three areas, according to Cherry.

*Defense: digging fighting holes, repelling attacks, setting booby traps and setting checkpoints.

*Attack: security patrol missions, day and night infiltration, weapons training and reading maps.

*Maintenance: maintenance on aircraft in the “vans.”



photo by LCpl. Marla J. Schuh

LCpl. William Sousa of Marine Aviation Logistics Squadron-29 ordinance remains in position while maintaining radio communication during a day patrol.

A major aspect of this year's exercise was maintenance training. With the assistance of Marine Wing Support Squadron-274 from MCAS Cherry Point, N.C., 37 mobile maintenance “vans” were transported to the site.

The exercise concluded with a 6-mile hike back to the squadron. “This training is for combat readiness; I want my Marines prepared and trained well,” said LtCol. Steven Franklin, commanding officer, MALS-29. “This is the type of situation they would encounter. This is the most extensive operation we’ve had, and it’s for the benefit of the Marines.”

This operation also served as a refresher course in general Marine

Corps knowledge.

“A lot of the things we’re teaching hasn’t been done since boot camp for most of the Marines. It’s a good reminder of the basics,” said Cherry.

Sailors attached to MALS-29 also got the opportunity to experience training in a field environment.

“This is a great opportunity for the Sailors to learn some of the things we didn’t learn in our boot camp or in training,” said AK2 Michael Agunod, MALS-29 supply.

Although some “Devil Dogs” were skeptical at first, Operation Agile Defender proved to be a valuable lesson.

“When I was told we were going to

see **WOLVERINES** Page 11

Temperature rise brings heat casualties

by Sgt. Michael Wiener
Torii Teller Staff

The risk of falling victim to heat injuries is on the rise along with the temperature in Iwakuni.

Station residents need to acclimatize and adjust accordingly, according to Navy Lt. Michael Cassidy, environmental health officer here.

"The most important thing is to hydrate – drink plenty of water," Cassidy said.

There are three main types of heat injuries — heat cramps, heat exhaustion and the sometimes fatal heat stroke. Basic signs and symptoms may include all or one of the following: quick/rapid pulse (due to dehydration), cramping and soreness of muscles, headache, dizziness, confusion, trouble with vision, and a light-headed feeling.

"Heat Stroke is usually initially characterized by the above symptoms that also lead to stopping of the body's cooling mechanism — not sweating and unconsciousness," Cassidy said. "When someone is experiencing any of these symptoms the first course of action is to get out of the heat and cool off, be it in the shade or indoors in air conditioning."

Working and physical training in hot environments may result in the production of 6-8 liters of sweat during the work day. The normal thirst mechanism is not sensitive enough to keep up with this fluid loss rate, according to Cassidy.

"Simply put, if you wait until you're thirsty to start drinking water, then you're way behind the power curve," Cassidy explained. "You have to be constantly drinking water."

Drinking water and rehydrating after strenuous exercise is just as important as before.

"We see most of our heat casualties the morning after a hot day," said Cassidy. "People will get through a hot day and PT. The next morning, even when it's cool, they'll get up, PT and become a heat casualty because they didn't drink enough water the day before."

In order to stay away from the clinic as a heat casualty, air station residents should follow one key rule. . .

"Hydration is the key," Cassidy said. "Just drink plenty of water."

TIPS FOR PT

Drink at least 60 ounces of water per day

Always train with a partner

Stop exercise if feeling light headed or dizzy

Run in morning or evening hours

Never overdo it

Listen to your body - it knows best

Heat flags explained

Flag conditions are based on the Wet Bulb Globe Temperature index. To achieve a proper WBGT index, three readings are needed. The first is taken from a standard thermometer and comprises 10 percent of the WBGT. The second is attained from a thermometer encased in a black bulb and equals 20 percent of the WBGT. The third reading is taken from a wick-type, water-ventilated thermometer and equals 70 percent of the reading.

Based on the WBGT index, the flag conditions are set in four stages: green, yellow, red and black.

Use common sense to avoid becoming a heat injury. You can keep safe by drinking plenty of water daily, exercising in moderation and knowing the proper flag condition precautions.

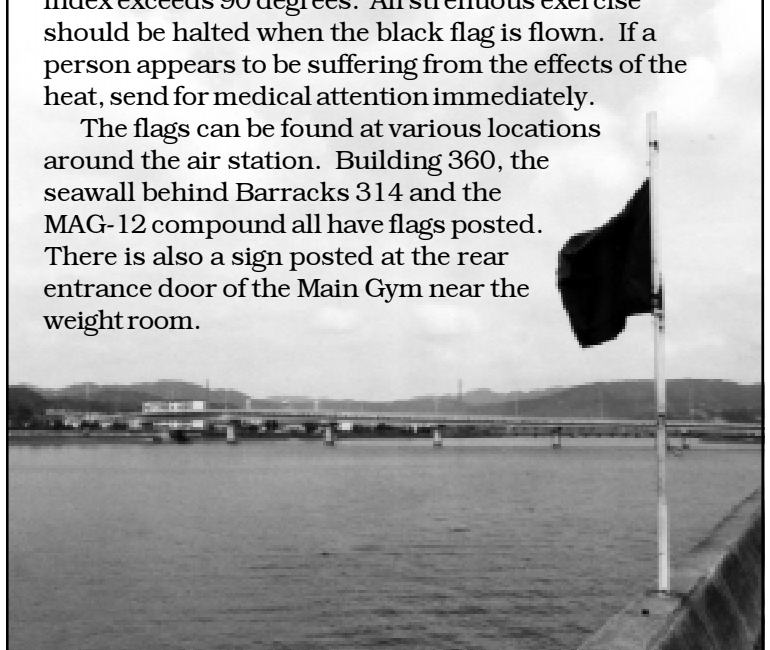
Green Flag - The green flag is flown when the temperature of the WBGT index is between 80 and 84.9 degrees. In this condition, Iwakuni residents here less than two weeks should exercise with caution and supervision.

Yellow Flag - The yellow flag is set when the WBGT index is between 85 and 87.9 degrees. During yellow flags, all strenuous physical training should be suspended for unacclimatized residents.

Red Flag - The red flag is flown when the heat index is between 88 and 89.9 degrees. Under this flag, all physical training should be halted for anyone who has not become thoroughly acclimatized with at least 12 weeks of living and working on station.

Black Flag - The black flag is flown when the WBGT index exceeds 90 degrees. All strenuous exercise should be halted when the black flag is flown. If a person appears to be suffering from the effects of the heat, send for medical attention immediately.

The flags can be found at various locations around the air station. Building 360, the seawall behind Barracks 314 and the MAG-12 compound all have flags posted. There is also a sign posted at the rear entrance door of the Main Gym near the weight room.



Helicopter doc's mend SAR birds, keep them flying

by Cpl. Michael Niman
Torii Teller Staff

The Station Operation Maintenance Division's Search and Rescue Marines owe much of their success in everyday operations to the airframes structural and hydraulics mechanics.

With about seven Marines actively working on structural and hydraulics systems in SAR's three HH-46D helicopters, the SAR Marines are confident that every time their birds fly, they are in the best possible condition.

"Overall, the work people do here is superb," said MSgt. James Lawrence, SAR maintenance chief.

A big part of how airframes keep the 46s running smoothly is troubleshooting hydraulics systems.

"We get information, or symptoms, on what area an aircraft is having problems with," said Cpl. Charley Campbell, SAR aviation structural and hydraulics mechanic. "We get the symptoms, check with one of our dozen procedures' manu-

"We're like helo-doctors, but our patients need others to tell us where it hurts."

Cpl. Ray Close

als and formulate a diagnosis."

"We're like helo-doctors, but our patients need others to tell us where it hurts," said Cpl. Ray Close, who has the same military occupational specialty as Campbell.

When a problem part is found, it gets sent to the intermediate and organization maintenance level, where it is thoroughly inspected—sort of like an autopsy. At that point it's either replaced or reused.

Though the over-30 helicopters frequently visit sick-call, their maintainers will work around the clock if necessary to keep them healthy.

"We like to have all three birds up-and-running," said Cpl. J.R. Thouvenell, SAR aviation structure

and hydraulics mechanic. "But every Marine will be here working as long as it takes if all three are down. Our minimum goal is to have one healthy helo at all times."

Sometimes, SAR's helicopters require surgery.

"About 80 percent of our job deals with structural damage," said Thouvenell.

Structural damage accounts for anything from cracks to corrosion to actual tears and holes in the skin of the helicopters.

"With the age of these aircraft—the oldest coming off the line in 1962—and considering all the Marines who work out of them, wear and tear is not uncommon," said Campbell.

"For a mechanic to drop a tool and tear a hole through a bird's skin, is not an incident that can't happen or hasn't happened," said Campbell.

Although minor skin surgeries are a usual occurrence, the bird doctors agree that corrosion is by far the biggest problem the helicopters face.

"With all the saltwater, build-up plagues the aircraft," said Campbell. "It has to be scraped, ripped and sanded off."

With all that their patients have endured, the SAR "docs" are happy to say Iwakuni's three HH-46Ds should continue to live a long and fruitful life.

Big Relief

The 1999 Navy/Marine Corps Relief Society fund-drive trophies were awarded Tuesday morning at the Station Headquarters. From left to right, GySgt. Jay White, American Forces Network operations supervisor, who accepted the Small Unit Award for AFN's \$1,024 contribution, Col. Richard Dunn, station commander, Maj. Ross Stevenson, H&HS executive officer, who accepted the Large Unit Award for H&HS' \$17,901 contribution and Capt. Duncan Miller, station NMCRS fund-drive coordinator. Units on the air station raised more than \$50,000.



photo by Cpl. Michael Niman

Warm weather brings out snakes

compiled by
Torii Teller Staff

As warmer weather approaches, many air station residents will take advantage of the scenic beauty of local recreation areas.

Japan's wilderness boasts exceptional beauty, but a word of caution may be needed for the hidden danger of some of its wildlife — snakes.

There are two different kinds of poisonous snakes in mainland Japan: the mamushi and the yamakagashi.



yamakagashi

Internet photo

Both snakes are brown with dark patterns on their backs. When angry, they raise their heads and move into an "S" shape. This defensive posture is meant to intimidate their enemy.

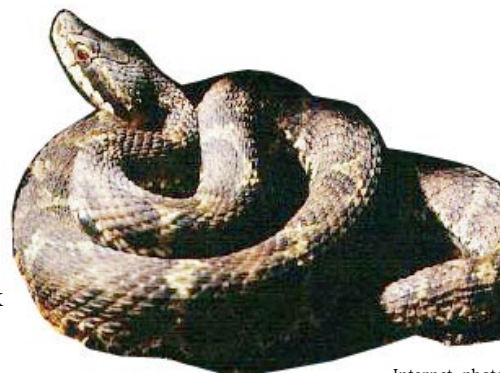
Both snakes live in bushes, forests, the edges between rice fields, around mountain streams and most other places people are active.

Despite the snake's strong poison, the chances of dying from a bite are low. The mamushi's small size, 16-30 inches, and its short 13-inch striking distance make it less harmful.

In contrast to the mamushi, the yamakagashi is large, ranging in size from 23 to 47 inches. Its venom, which is sometimes sprayed before attacking can cause blindness.

However, because the yamakagashi's fangs are in the back of its mouth, it must achieve a deep bite to poison a person. If deep enough, the bite can be fatal.

Generally, snakes are mild-mannered reptiles who prefer hiding



mamushi

Internet photo

to fighting. If left alone, they will not attack. They don't have fangs to attack people — they have fangs for hunting and defending themselves against their natural enemies.

According to Lt. Mike Cassady, environmental health officer at the Branch Medical Clinic here, following a few simple procedures can greatly increase chances of survival for anyone bitten by either snake.

"If bitten, do not attempt to cut or suck the poison out. Immobilize the affected area and apply ice to it," he said.

Additionally, apply a constricting band between the wound and the heart. It should be loose enough so a finger can be placed between it and the skin. Seek medical attention immediately by calling the Branch Medical Clinic at 253-5571 or 0827-21-4171, 253-5571 from off base.

Bubble Fun

Stephanie Christian, 7, M.C. Perry first-grader, blows bubbles at the "bubble station" during M.C Perry's annual "Sports Days" held Tuesday through Thursday. First- and second-graders kicked off the event, held at the Main Parade Field.

Other stations, manned by adult volunteers, featured sack races and ball tosses.



photo by LCpl. Jessica Simonson



photo by LCpl. Jessica Simonson

Petty Officer 2nd Class Aaron Maxwell, construction mechanic and detail clerk, performs a preventive maintenance check on "loader" Wednesday. The NMCB-5 maintenance shop is responsible for keeping the detachment's equipment up and running for day-to-day operations.

Behind scenes Seabees keep 'em rolling on time

by LCpl. Jessica Simonson
Torii Teller Staff

Most people here have seen Seabees of Navy Mobile Construction Battalion-5 working around the air station. Construction at the mess halls, parking lots and rifle

range make their presence known.

Few may know, however, of the work behind the scenes making these projects possible.

The NMCB-5 construction maintenance shop is responsible for keeping the 30 pieces of equipment used in construction sites running smoothly.

Every 40 days each piece of equipment, ranging from a 1969 five-ton dump truck to a "bobcat," must be brought into the garage for a "check-up." These preventative maintenance checks promise problems are caught early and equipment is operating safely.

"We check fluid levels and ensure the batteries are charged," said Petty Officer 3rd Class Aaron Maxwell, construction mechanic and detail clerk. "We basically are looking for anything that may need to be replaced or repaired."

Maxwell is responsible for ordering parts, and until they arrive, keeping vehicles running safely. Identifying a problem is only the first step in solving it.

"Planning is the key to our success," said Petty Officer 2nd Class Eccehomo Junca, shop supervisor. "If we catch a problem early, we can order the parts well in advance."

"Parts availability is a big challenge," said Junca. "There aren't as many parts on hand here as in Okinawa. Because this equipment is being used for projects on tight schedules, it is important we get it working as quickly as possible."

The job offers intangible rewards for the team who takes pride in their job proficiency and being a vital part of the detachment.

"These guys keep the equipment running, so the other jobs keep going," said Lt. Scott Cloyd, NMCB-5 officer in charge. "Without them, the projects

could never happen."

Because of the detachment's small size, Junca and Maxwell each hold several collateral duties in addition to maintaining equipment and ordering parts.

"Here, I get the opportunity to do different things," said Maxwell, who has also worked as a welder on some projects here.

"I get more training on different jobs. If I was only doing mechanical things, I wouldn't know about the other parts of the job."

"Variety is the spice of life," added Junca.

Regardless of what hat they are wearing, these Seabees know their efforts help get the job done.

"The Seabees are like insects," said Junca. "What one individual does helps the whole colony."

VMFA-224 tracks pilots' training

by LCpl. Jessica Simonson
Torii Teller Staff

A Marine is taught 'mission accomplishment' is job one from the time he is a young recruit. Marines are part of a team, dependent upon one another to get the task done.

As the Marine, his collar heavy with rank, realizes these lessons taught to him so long ago, still hold true.

So it is not surprising VMFA-224 Marines take painstaking efforts to ensure their jobs are completed accurately and efficiently.

The squadron's S-3 shop, training and operations, is one such example. With the sky as a training ground, the shop's task is to keep track of who is flying high and ensure they receive proper credit.

"Our primary function is to track flight hours and individual pilot hours," said SSgt. Randy Merritt, S-3 operations chief. "We track the flight time and maintenance on the aircraft, and we record pilot training. The pilots aren't just flying to fly, they are training each time they go up."

"Each flight has a different code depending on what type of training it provides for the pilot. It is necessary for the pilots to stay current on training — it is all about being combat ready," said Merritt.

Proper planning is the key to keeping the aircraft in the air and the pilots training.

"We assist pilots in planning fight schedules, which are made two days in advance. We plan based on what's available. That way if we schedule six jets, they will be up and ready," he said.

For a successful operation, Merritt stressed the importance of being on the same sheet of music. He stated it takes everyone's effort to keep the aircraft ready to go.

A goal of Merritt's is to reach



photo by LCpl. Jessica Simonson

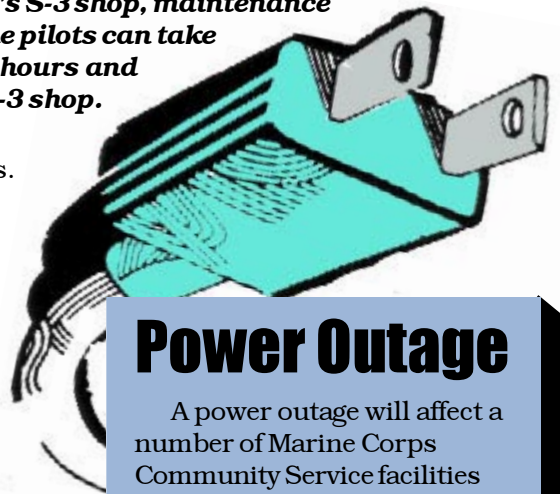
Proper planning between VMFA-224's S-3 shop, maintenance and the pilots is necessary before the pilots can take off. After a training mission, flight hours and training codes are recorded at the S-3 shop.

10,000 mishap-free flying hours. "We can do that while deployed before we go back to Beaufort (S.C.)," he said. While here, Merritt also hopes to return to the states with two new non-commissioned officers.

Corporal John Moore, S-3 operations clerk, said the job has its good and bad days. If the pilots fly, the next day can be pretty hectic.

"Each pilot and Weapons Sensor Officer has their own logbook, which they can take with them when applying for a commercial-airline job after they get out of the Marine Corps. An accurate logbook could be the difference between getting hired or not," said Moore of this responsibility.

Attention to detail in the S-3 shop is keeping pilots trained and the squadron combat-ready.



Power Outage

A power outage will affect a number of Marine Corps Community Service facilities including Crossroads Mall Saturday, 8 a.m.-4:30 p.m. Due to the outage, MCCS will hold a barbecue outside the Main Exchange 11 a.m.-6 p.m. The Food Court is scheduled to reopen at 6 p.m. Other facilities affected are the library, Torii Video, Officers' Club, and TLF Bldg. 1188. Eagle's Nest and Torii Pines Golf Course will remain open with generator power.

Curves down Angels 13-12 in extra innings

by Cpl. Michael Niman
Torii Teller Staff

The Curves snuck a win by the Angels 13-12, after three extra innings of Women's Intramural Softball play at Penny Lake Field May 25.

After one hour of play, regulation time ended, and the teams moved into the seventh inning tied at 11.

Both pitchers, Curves' Beverly Greene, and Angels' Conswella McQueen held their opponents from scoring in the seventh.

The Angels gave Greene a scare in the eighth, but only came up with one run. Angels' right fielder Katesha Murphy, two hits and one RBI of the night, led off with a single in the eighth. Left fielder Bernadette Walker, four hits and one RBI, then smashed one of her two doubles to keep hope alive. Next up, short stop Latrista Aldhizer, who had three hits for the night, earned one of her four RBIs with a double. But that would be the Angels' last run of the night.

Curves quickly tied the game back up with an inside the park homer by shortstop Tesha Robinson, who had four hits on the night, but the Angels kept the rest of the Curves inline until the ninth inning.

In the ninth the Angels had two hits, but Greene kept them from scoring, opening their chance for the win.

With runners on first and third, after 30 minutes of extra playing-time, Curves' catcher Elisa Rodriguez, who had three hits and three RBIs, drove in first baseman Faye Witt for the game winning run by beating the play at first.

Players from other Women's Intramural Softball teams dotted the stands to enjoy the game and to possibly note the two teams strengths for the upcoming intramural championship.

The heart of the Curves' batting order is one to watch for in future games. Robinson, Michelle Fonseca and Jan Meek accounted for half of their team's 28 hits in the win.

The Angels were the speedier team of the night. They had the only three triples of the game and twice as many doubles as the Curves, thanks to base running by Billie Scott, Walker and Aldhizer. The Angels also showed some consistency, with six of their 10 hitters earning three or more hits a piece.



photo by Cpl. Michael Niman

Swing Batter

Juan Ramos pitches to one of his Green Giants in their culture-exchange double-header with Ikini, a local Japanese little league team, where coaches pitched to their players.

"The Japanese team had scouts looking for a team to play from the air station," said Jason White, Green Giants' assistant coach. "We were playing in Monzen Park and our players were hanging on the fences expending energy. Our team interested them."

After the games, the two teams were treated to pizza by the Giants' coaching staff.

WOLVERINES from Page 5

live in hooches (tents) for four days and nights, I had my doubts about the training purpose it really had," said Cpl. Twyla Dunaway, MALS-29 electrician.

"After being out here, it has made me more aware of what could happen in a real-world situation. This is what being a Marine is all about, more than just being a mechanic. Digging fighting holes, going on patrols and land navigation is what it's all about."

Operation Agile Defender incorporated many of the aspects that keep the Marine Corps at its top performance level. The training exposed Marines to many of the things that are essential to being the world's fighting force in readiness.

The Wolverines added to the success of the training evolution by displaying exemplary motivation, perseverance and dedication to mission accomplishment.

Mouth guards keep teeth off playing field, in mouth

compiled by
Torii Teller Staff

Today's young athlete can choose from a variety of sports safety equipment to protect life and limb. Helmets, knee pads, safety goggles, face masks and mouth guards all help prevent serious injury on the playing field.

Mouth guards, also called mouth protectors, are particularly important in protecting a teen's smile.

Chief Petty Officer Francisco Lapuz, Unit Information Officer for the 11th Dental Company Detachment here, recommends that anyone engaging in contact sports wear a guard. Some of these include football, basketball, soccer, hockey, skateboarding and volleyball.

There are many other sports that also have the potential to seriously harm

the head, face or mouth as a result of head-to-head contact, falls, tooth clenching or impact with equipment. A well-constructed mouth guard protects the mouth, teeth, lips, cheeks and tongue.

According to Lapuz, there are three types of mouth guards: ready-made or stock mouth guards, mouth-formed guards and custom-made mouth guards.

The three types differ in comfort, fit and cost. The most effective mouth guards are resilient, tear-resistant, comfortable and thin enough for comfortable breathing.

A custom-made mouth guard, developed by a dentist, is shaped to closely fit the athlete's teeth. The custom-made device can provide all the qualities found in the ideal mouth guard.

No matter which mouth guard is chosen, only the upper teeth should be covered for the following reasons: the upper teeth usually overlap and therefore protect the lower teeth; the front teeth are the most frequently injured; and covering the lower teeth may create additional bulk, diminishing comfort and fit while providing little extra protection.

Some special circumstances, such as a protruding jaw or the presence of orthodontic appliances (i.e. braces) may require the lower teeth also to be covered.

Your dentist can determine if a special condition applies to you.

Lapuz cautions parents that orthodontic retainers should also not be used when participating in contact sports.

Individuals wearing orthodontic "braces" should wear mouth guards that have been custom-made. Young athletes will find that wearing mouth guards during practice and on the playing field makes good sporting sense.



Sports Briefs

Group Golf Lessons

Torii Pines Golf Course offers group golf lessons now through September. Open to patrons age 10 and older, the lessons include instruction, clubs and range balls. The fee is waived for patrons E-5 and below. Call 253-3402 for more information.

Doubles Racquetball

A doubles racquetball tournament will be held June 19 and 20 in the Main Gym courts. All SOFA, JMSDF, MLC and IHA personnel age 16 and older may enter. The deadline and a players' meeting are June 16, 10 a.m. in the Main Gym. Call 253-5777 for more information.

Second Season Softball

Second Season Softball begins June 16 on the Penny Lake and Main fields. A coaches' meeting is scheduled for Thursday in the Main Gym. All SOFA, JMSDF, MLC, and IHA personnel may participate. Call 253-5777 for more details.

Learn to Swim

Learn to Swim Session I starts June 14 at the Main Pool. Classes are available mornings and evenings. Sign up at the front desk in the Main Gym. Call 253-5520 for more information. There is a fee.

Duathlon

The registration deadline for the Health Promotions Duathlon is today. The event will take place June 12, starting behind the Main Gym at 9 a.m. Call 253-5654/6359 for more information. There is a fee.

Golf Course Closure

Torii Pines Golf Course is closed June 11, 8 a.m.-2 p.m. and June 18, 8-11 a.m. for unit golf tournaments. Call 253-3402 for more details.